



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-NOVEMBER-2016



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | |
|--------|---|---------|--|-----------|---|---|--|---|---|--|--|
| |  | 1 | Cran Raisin Chicken Salad on Multi-Grain Roll Spinach & Black Bean Salad Shredded Lettuce Fresh Apple | 2 | Country Vegetable Soup Garden Salad Greens Cherry Tomatoes/Cucumbers/Onions Grilled Chicken Strips Cheddar Cheese Italian Dressing Saltine Crackers Blueberry Pomegranate Oatmeal Bar | 3 | Roast Beef w/Gravy Sour Cream & Chive Mashed Potatoes Broccoli Spears 12-Grain Bread Fresh Orange | 4 | Alaskan Pollock w/Seafood Sauce Rice Medley Sliced Carrots Wheat Dinner Roll Mandarin Oranges | | |
| 7 | Orange-Pineapple Juice Seasoned Chicken in Alfredo Sauce Over Penne Pasta Broccoli Florets 100% Whole Wheat Bread Blueberry Pomegranate Bar | 8 | Cream of Asparagus Soup Garden Salad Greens Cherry Tom/Cucumbers/Onions w/Tuna Salad Italian Dressing Wheat Dinner Roll Fresh Orange | 9 | Roast Turkey w/Gravy Cornbread Stuffing Prince Edward Blend Vegetables Cranberry Sauce Oatnut Bread Fresh Apple | 10 | Beef Vegetable Soup Beef Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley Pumpnickel Bread Mandarin Oranges | 11 | CLOSED IN OBSERVANCE OF VETERANS DAY HOLIDAY | | |
| 14 | Chicken Cacciatore Seashell Pasta w/Marinara Sauce Italian Mixed Vegetables Italian Bread Fresh Banana | 15 | Farmer Brown Soup Stuffed Pepper Mashed Potatoes Bias Cut Carrots 12-Grain Bread Fresh Apple | 16 | Apple Juice Cod Filet w/Seafood Sauce Rice Pilaf Broccoli Normandy 100% Whole Wheat Bread Lemon Pudding w/Whipped Topping | 17 | CRT HOLIDAY MEAL Orange-Pineapple Juice Festive Roast Turkey w/Gravy Herb Stuffing Cranberry Sauce Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Pumpkin Pie w/Whipped Topping | 18 | Grape Juice Hamburger w/Broth Sliced Tomatoes Leaf Lettuce Black Beans & Wild Rice Whole Grain Bun Fresh Banana | | |
| 21 | Macaroni & Cheese Stewed Tomatoes & Zucchini White Bean & Broccoli Florets Salad Oatnut Bread Fresh Orange | 22 | Barbeque Chicken Potato Salad Corn Cobbette Wheat Dinner Roll Fresh Banana | 23 | French Onion Soup Beef Liver w/Extra Sautéed Onions Mashed Potatoes Mixed Vegetables Saltines Fresh Orange | 24 | CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY | | 25 | CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY | |
| 28 | Country Fried Steak Lyonnais Potatoes Caribbean Blend Vegetables Pumpnickel Bread Fresh Apple | 29 | Cream of Broccoli Soup Chef Salad w/Mixed Greens (Shredded Cheese/Turkey Ham) Cooked Egg Raspberry Vinaigrette Dressing Saltine Crackers Pineapple Tidbits | 30 | Italian Sausage & Red/Green Peppers w/Italian Sauce Rotini w/Italian Sauce Zucchini 12-Grain Bread Fresh Banana |  | |  | | | |

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)